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Preventive Health

What is it?

In general, personal health is subject to risk factors such as age, family history, and personal habits. While age and family history are beyond your control, you can take steps to change your personal habits to reduce risks. Improving lifestyle habits such as diet and exercise, scheduling routine doctor's visits can ward off illness and chronic disease.

Men's Health

The list of the greatest threats to men's health is surprisingly short and prevention pays off. The top seven men's health threats are: heart disease, cancer, accidents, chronic lower respiratory diseases, stroke, type 2 diabetes, and suicide. Understanding health risks is one thing, taking preventive action to reduce your risks is another. Start with healthy lifestyle choices such as eating a healthy diet, staying physically active, getting regular check-ups and taking precautions in your daily activities.

Women's Health

Many of the leading threats to women's health can be prevented, if you know how. The top list of women's health threats are: heart disease, cancer, stroke, chronic lower respiratory diseases, Alzheimer's, accidents, and type 2 diabetes. Reducing your risk of these diseases involve the same steps as the men; maintaining a healthy weight, eating healthy, exercising, stopping smoking, and managing stress. Simple preventive measures can go a long way in reducing your health risks!

Prevent Disease and Injury:

- **Stick to a healthy diet**
- **Have regular eye & dental exams**
- **Avoid tobacco**
- **Maintain a healthy body weight**
- **Take time to exercise**
- **Wear sunscreen**
- **Manage stress**
- **Maintain social and mental fitness**
- **Limit alcohol**
- **Take early detection seriously**

Monitor your health:

- **Fasting blood test to check blood sugars and cholesterol levels**
- **Blood pressure**
- **Body fat percentage**
- **Skin Cancer screens**
- **Prostate and breast cancer screens**

Simple Steps

You may know the right preventive health steps, but making many changes at once can be cumbersome. Select two or three new habits that seem easy to change like; wearing sunscreen and scheduling doctor's appointments. Once you are successful, move on to the harder changes in eating habits, exercise and managing stress.